



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

SEVENTH ANNUAL SENIORS' RESOURCE FAIR AND VACCINATION CLINIC

Wednesday, November 2
10:00AM-12:30PM

This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources that are available.

There will be many exhibitors that will provide a wide array of products and services by the City, County, and partnering agencies.

It is important that you know what type of benefits and services are available to you!

Free health screenings and product samples will be available with opportunity prizes given away every hour!

The City and Walgreens are partnering to offer free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Proof of Medicare coverage is required at time of vaccination.

Due to this event the Senior Clubhouse activities and exercise classes will not be offered on this day.

Oct / Nov / Dec 11

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Happening?

SENIOR SCENE
CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

MINI EXCURSION REGISTRATION

October

Lake Forest Residents:
Wed, Oct 5, 12 noon

Non-Residents:
Thurs, Oct 6

November

Lake Forest Residents:
Wed, Nov 9, 12 noon

Non-Residents:
Thurs, Nov 10

December

Lake Forest Residents:
Wed, Dec 7, 12 noon

Non-Residents:
Thurs, Dec 8

OCTOBER MINI EXCURSIONS

Bowers Museum • Santa Ana

Wednesday, October 19

10:30 AM-2:00 PM

Fee: \$14 per person (audio tour)

Enter the great tombs and temples of the powerful, and the dunning men and women who ruled imperial

China. ***Warriors, Tombs and Temples: China's Enduring Legacy*** is a landmark exhibition drawn from China's most important archaeological excavations assembled in cooperation with seven leading Chinese institutions.



Rancho Las Lomas and Lunch at Cook's Corner • Silverado
Wednesday, October 26
10:30 AM-2:00 PM
Fee: \$5.00 per person
(pay at the door/
docent-led tour)

Rancho Las Lomas is not only a highly sought-

after venue for events. It also plays host to myriad native wildlife along with a permanent animal collection from around the world. You will tour the beautiful gardens and view tigers, llamas, zebras, and more. Afterwards, it's lunch at Cook's Corner (fee does not include lunch) or bring your own lunch.

NOVEMBER MINI EXCURSIONS

**Balboa Island •
Newport Beach
Wednesday,
November 16
10:00 AM –
2:00 PM
Fee: Free**



Let's spend the day on Balboa Island. You'll have an opportunity to check out the unique shops that adorn the streets, ride the ferry, walk along the boardwalk, or visit the Fun Zone. Lunch is on your own or bring your lunch.

**Pacific Marine Mammal
Center • Laguna Beach
Tuesday, November 22
10:30 AM – 1:00 PM
Fee: \$5.00 per person
(pay at time of registration/
docent-led tour)**

The one-hour tour includes the animal care facility, a slide show presentation, and an opportunity to visit the current patients being rehabilitated in the outdoor pools. **Considerable walking and standing.**

DECEMBER MINI EXCURSION

**Roger's Gardens
and Fashion Island •
Newport Beach
Wednesday, December 14
10:30 AM – 2:00 PM
Fee: Free**

A trip to Roger's Gardens will get you into the holiday season as you discover 22 enchanting Christmas tree themes, a collection of beautiful Christmas ornaments, gifts, and décor. Next stop...Fashion Island!



SEMINARS

Oct/Nov/Dec 2011

4

Senior Scene

October

How Do I Enroll in Medicare?

**Thurs, October 13
11:15 AM**

Medicare Fall Open Enrollment begins October 15 and continues through December 7. HiCap representative, Bill Drake will discuss the "how to" enroll and what you should know before enrolling.

November

No seminar is scheduled during the month of November due to planned activities and Thanksgiving Day closure.

December

Driving Awareness: Should I Continue to Drive?

**Thurs, December 1
11:15 AM**

You may have driven your entire life, and take great pride in your safety record. But as you age, it is critical that you realize your driving ability can change. DMV Outreach representative, Richard Kohr, will go over driving tips and warning signs.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes or by calling 461-3408. Crafts may change due to availability of supplies.

AUTUMN CENTERPIECE

Tuesday, October 18 • 10:30 AM

With summer behind us, let's make a centerpiece for Autumn. We'll provide all the fall colors you need to make the centerpiece.

WE CARE CARDS

Monday, November 7 • 10:30 AM

We need your help to create cards and care messages for our armed forces and Veterans Hospital. It's a great way to send your thanks and greetings in a creative way. With holidays around the corner, we need to make cards to give to our Vets.

PILGRIM STICK PEOPLE

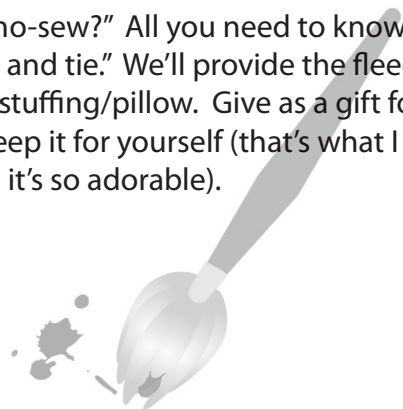
Tuesday, November 15 • 10:30 AM

When you think of a Thanksgiving craft what comes to mind? If you answered "pilgrims," you're right! You'll make some interesting pilgrims from paint sticks. I've seen them and they are cute!

NO-SEW HOLIDAY PILLOW

Tuesday, December 13 • 10:30 AM

Did you say "no-sew?" All you need to know is how to "cut and tie." We'll provide the fleece material and stuffing/pillow. Give as a gift for the holidays or keep it for yourself (that's what I would do...because it's so adorable).



CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

"WII" BOWLING LEAGUE

Every Monday • 12:30 PM

Community Room A

Drop by and play a game of "Wii" Bowling. Come on try it. If you are not familiar with Wii Bowling, it's all done in front of a TV! *Not offered on Bingo Mania days.*

KNOTTY KNITTERS

Every Wednesday

10:00 AM-12:00 PM

Community Room A

An informal group aka Knotty Knitters gets together on Wednesdays with their projects...they knit a little and laugh a lot!

BAGELS & BINGO

10:30 AM

Tue, October 4

Tue, November 1

Tue, December 6

CHAT WITH PAT

11:30 AM-12:30 PM

Wed, October 5

Wed, December 7

Are you new to the area? Looking for a doctor who specializes in senior issues? Pat Huckabay (Monarch HealthCare) will discuss the options available to you.

**November cancelled
due to Resource Fair.**

BOCCE BALL GAMES

10:30 AM

Mon, October 24

Tue, November 8

Tue, December 20

BINGO MANIA

11:00 AM

Mon, October 10

Mon, November 14

Mon, December 19

SCRABBLE GAMES

10:30 AM

Wed, October 19

Wed, November 16

Wed, December 21

RUMMIKUB TOURNAMENT

10:30 AM

Tue, October 25

Tue, November 29

Tue, December 27

Have you played Rummikub before? It's very similar to Gin Rummy. But instead of using a deck of cards you play with tiles! If you don't know how to play, we'll show you!

BIRTHDAY CELEBRATIONS

11:30 AM

Thu, October 27

Thu, November 17

Thu, December 29

MAHJONG MONDAYS

AND WEDNESDAYS

10:00 AM-2:00 PM

Every Monday and Wednesday

COUPON SWAP

Drop off your coupons and pick some up when the clubhouse is open.

DROP-IN COMPUTER LAB

Mon/Tue/Thu

10:00 AM-2:00 PM

Throughout the year the Computer Lab (Training Room) is used for in-house training or computer classes, so availability may be limited at certain times.

Don't Miss Out!

EMERITUS CLASS WINTER ENROLLMENT

Thursday, December 1

11:30 AM-1:00 PM

(Activities Room)

A representative from Irvine Valley College will be on-site so you can register at the Senior Scene Clubhouse. No need for an appointment – just drop in to sign up!

LEGEND

CH
City Hall
25550 Commercentre Dr.
949.461.3400

CC
Community Center
25550 Commercentre Dr.
949.461.3450

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

ETL
El Toro Library
24672 Raymond Way
949.855.8173

LFBTC
Lake Forest Beach &
Tennis Club
22921 Ridge Route Dr.
949.837.6100

LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
949.859.1455

FL
Forest Lanes
22771 Centre Drive
949.770.0055

SDCCC
Santiago de
Compostela
Community Center
21682 Lake Forest Dr.
949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

SUN	MON	TUE
2	3	4
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-A)	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
9	10	11
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	8:30 AM Excursion – San Diego Adventure 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
16	17	18
	FOR TODAY ONLY: SENIOR CLUBHOUSE RELOCATES TO THE ACTIVITIES ROOM 10:00 AM Mahjong (Lounge) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-A)	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Autumn Centerpiece (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
23	24	25
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-A)	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
30	31	
	WEAR A COSTUME... IT'S HALLOWEEN! 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Costumes on Parade 12:30 PM "Wii" Bowling League (CC-A)	
	Cold Box Lunch	

WED	THU	FRI / SAT
<p>5</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:30 AM Chat with Pat (CC-A) 11:30 AM Social Networking Series – Facebook II (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B)</p> <p>Cold Box Lunch</p>	<p>6</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Oktoberfest Celebration</p>	<p>FRI 7</p> <p>8:00 AM Mammograms (CC-B) 1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 8</p>
<p>12</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Movie Day – The Lincoln Lawyer (CC-L) 11:30 AM Social Networking Series – Facebook II (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B)</p> <p>Cold Box Lunch</p>	<p>13</p> <p>10:00 AM Book Discussion – Clara and Mr. Tiffany (CC-El Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – How Do I Enroll in Medicare? (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chinese Feast</p>	<p>FRI 14</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 15</p>
<p>19</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – Bowers Museum 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:30 AM Cold Box Lunch Program (CC-A) 11:30 AM Social Networking Series – Facebook II (CC-TR) 1:00 PM Yoga (CC-B)</p> <p>Cold Box Lunch</p>	<p>20</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chicken Soup</p>	<p>FRI 21</p> <p>1:00 PM Bowling League (FL)</p> <p>4:00 PM Masquerade Madness Dinner Dance • Reservations required</p> <hr/> <p>SAT 22</p>
<p>26</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – Rancho Las Lomas 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Movie Day – Salt (CC-L) 11:30 AM Social Networking Series – Facebook II (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B)</p> <p>Cold Box Lunch</p>	<p>27</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Italian Day</p>	<p>FRI 28</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco or Bust</p> <p>City Hall Closed</p> <hr/> <p>SAT 29</p>




OCTOBER

LEGEND

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
ETL El Toro Library 24672 Raymond Way 949.855.8173
LFBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. 949.837.6100
LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. 949.859.1455
FL Forest Lanes 22771 Centre Drive 949.770.0055
SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

SUN	MON	TUE
		1 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
6 DAYLIGHT SAVINGS TIME ENDS	7 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – We Care Cards (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A)	8 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
13	14 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	15 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:00 AM White Elephant Luncheon registration begins (LF residents) 10:30 AM Crafts – Pilgrim Stick People (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
20	21 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A)	22 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mini Excursion – Pacific Marine Mammal Center 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
27	28 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A)	29 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
	Cold Box Lunch	Cold Box Lunch

WED	THU	FRI / SAT
<div>2</div> <div>10:00 AM -12:30 PM 7TH ANNUAL SENIORS RESOURCE FAIR</div> <div>SENIOR CLUBHOUSE CLOSED.</div> <div>EMERITUS CLASSES CANCELLED.</div>	<div>3</div> <div>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Veterans' Day Celebration (CC-A&B)</div> <div>12:00 PM Lunch (CC-A&B) 12:30 AM Bingo (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</div> <div>Meatloaf and Potatoes</div>	<div>FRI 4</div> <div>1:00 PM Bowling League (FL)</div> <div>SAT 5</div>
<div>9</div> <div>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B)</div> <div>Cold Box Lunch</div>	<div>10</div> <div>9:45 AM Excursion – Hollywood Park 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</div> <div>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</div> <div>Tomato Soup</div>	<div>FRI 11</div> <div>1:00 PM Bowling League (FL)</div> <div>VETERANS' DAY</div> <div>City Hall Closed</div> <div>SAT 12</div>
<div>16</div> <div>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Balboa Island 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Movie Day – Pirates of the Caribbean (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 11:30 AM Social Networking Series – Fun with Photos (CC-TR)</div> <div>Cold Box Lunch</div>	<div>17</div> <div>10:00 AM Book Discussion – Winter Garden (CC-EI Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B)</div> <div>12:00 PM Lunch – reservations required (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</div> <div>Tom & Tina Turkey and Trimmings</div>	<div>FRI 18</div> <div>8:30 AM AARP Driver Safety Course (CC-A)</div> <div>1:00 PM Bowling League (FL)</div> <div>SAT 19</div>
<div>23</div> <div>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</div> <div>Cold Box Lunch</div>	<div>24</div> <div>THANKSGIVING DAY</div> <div>CITY HALL AND CLUBHOUSE CLOSED</div> <div>  </div>	<div>FRI 25</div> <div>1:00 PM Bowling League (FL)</div> <div>City Hall Closed</div> <div>SAT 26</div>
<div>30</div> <div>9:00 AM Tai Chi Ch'uan – Intersession (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 11:00 AM Movie Day – Just Go With It (CC-L) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</div> <div>Cold Box Lunch</div>	<div>NOV</div>	

LEGEND


SUN

MON

TUE

DECEMBER

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
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SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

4 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – We Care Cards (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A) Cold Box Lunch	5 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	6 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch
11 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A) Cold Box Lunch	12 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-A) Cold Box Lunch	13 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – No-Sew Holiday Pillow (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch
18 10:00 AM Mini Excursion – VA Hospital 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	19 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Nachos & Salsa Day (CC-A) Cold Box Lunch	20 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Nachos & Salsa Day (CC-A) Cold Box Lunch
25 MERRY CHRISTMAS 	26 HOLIDAY OBSERVED CITY HALL AND CLUBHOUSE CLOSED	27 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Hot Apple Cider & Cookies (CC-A) Cold Box Lunch

WED	THU	FRI / SAT
	1 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Driving Awareness: Should I Continue to Drive? (CC-A&B) 11:30 AM Emeritus Class Winter Enrollment (Activities Room) 12:00 PM Lunch (CC-A&B) Chinese Feast	FRI 2 1:00 PM Bowling League (FL) <hr/> SAT 3
7 9:00 AM Tai Chi Ch'uan – Intersession (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 11:30 AM Chat with Pat (CC-A) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) Cold Box Lunch	8 10:00 AM Book Discussion – 84 Charing Cross Road (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM ETHS Choralers (CC-A&B) Chicken Noodle Soup	FRI 9 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 10
14 9:00 AM Tai Chi Ch'uan – Intersession (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:00 AM Mini Excursion – Roger's Gardens and Fashion Island 11:00 AM Movie Day – Fred Claus (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) Cold Box Lunch	15 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:00 AM White Elephant Gift Exchange 12:00 PM Lunch – Reservations required (CC-A&B) Ham and Yams	FRI 16 1:00 PM Bowling League (FL) <hr/> SAT 17
21 FIRST DAY OF WINTER 9:00 AM Tai Chi Ch'uan – Intersession (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	22 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM The Dickens Carolers (CC-A&B) Italian Feast	FRI 23 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 24
28 9:00 AM Tai Chi Ch'uan – Intersession (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Mahjong (CC-A) 11:00 AM Movie Day – The Secret Lives of Pippa Lee (CC-L) 11:30 AM Social Networking Series – Fun with Photos (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	29 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) Empañadas	FRI 30 1:00 PM Bowling League (FL) <hr/> SAT 31 HAPPY NEW YEAR

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

MASQUERADE MADNESS QUARTERLY DINNER DANCE

Friday, October 21 • 4:00-7:00 PM

Fee: \$7.00 per person • Reservations required

You will have a monstrously good time! Come on now...brush off your costume and let's get dressed up. You'll get FIVE...count them FIVE opportunity tickets when you come in some type of costume. Trust me...
it'll be a scream!

VETERANS' DAY CELEBRATION

Thursday, November 3 • 10:30 AM

The Senior Clubhouse will begin the Veterans' Day celebration with a color guard presentation to honor our men and women who have given over and above to protect our country.

THE WHITE ELEPHANT IS COMING... LUNCHEON THAT IS!

Thursday, December 15

Due to popularity, **White Elephant Luncheon reservations are required.** You can reserve two seats per person. Call 461-3450 to reserve your seats. **Lake Forest residents call Tuesday, November 15 at 10:00 AM.** Non-residents call Monday, November 21 at 10:00 AM.

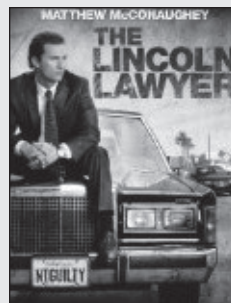
After making reservations, please notify staff if you are unable to attend. The festivities begin at 11:00. At 10:45 seating will be available to those on the wait list.

AARP DRIVER SAFETY REFRESHER COURSE

Friday, November 18 • 8:30 AM-1:00 PM

\$12.00 AARP Members • \$14.00 Non-Members

October



The Lincoln Lawyer

(R) • Oct 12

Mickey (Matthew McConaughey) barely keeps his head above water, representing low-life clients and working out of the back of his car.

He thinks he's landed the case of a lifetime when he's hired to defend a rich playboy but soon discovers that he's become ensnared in a twisted plot where no fee in the world is high enough to pay for the deadly workload.



Salt

(PG-13) • Oct 26

Angelina Jolie (Salt) is a dedicated CIA officer who is accused by a defector of being a Russian spy.

With each attempt Salt makes to prove her innocence, her mentor only grows more suspicious of her true motivations.

The longer she eludes capture by an ambitious CIA agent the higher the stakes get.

MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

November



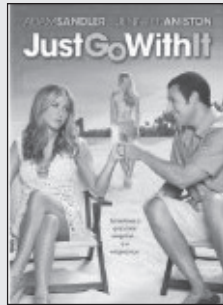
Pirates of the Caribbean: On Stranger Tides

(PG-13) • Nov 16

Jack Sparrow (Johnny Depp) lands himself in a bind after being lured onto Blackbeard's ship by enigmatic siren Angelica (Penélope Cruz), and forced to seek out the Fountain of Youth.

Captain Jack reflects on his past with the elusive Angelica while embarking on his wildest adventure to date.

With shambling zombies on deck and gorgeous mermaids beckoning sailors into the icy waters below, this time Jack Sparrow has his work cut out for him.



Just Go With It

(PG-13) • Nov 30

Danny (Adam Sandler) has a unique approach to picking up women – he pretends to be stuck in an unhappy marriage. But when he meets a woman he really wants to marry, she wants to meet his future ex. Desperate, Danny recruits his office manager, Katherine (Jennifer Aniston), to validate his ruse by posing as his current wife. Before long, the lies are snowballing, and by the time Katherine's kids get involved and everyone comes together for a trip to Hawaii, it's not a matter of if Danny's plan will fall through, but when.

December



Fred Claus

(PG) • Dec 14

It's not easy being the brother of a benevolent and beloved saint, and no one knows that better than Fred Claus (Vince Vaughn).

He has struggled for years to live up to the example set by his younger sibling Nicholas (Paul Giamatti).

After Fred lands in jail, Nicholas agrees to post bail if Fred will repay the debt by coming to the North Pole and help make toys.

But Fred isn't nearly as productive as your average elf, and he's got quite an attitude to boot.



The Private Lives of Pippa Lee

(R) • Dec 28

Pippa is 30 years her husband's junior. After Herb (Alan Arkin) suffers a heart attack, they move to small town.

At first she enjoys the "quiet life" with new friends and caring for Herb.

Pippa's resentments begin bubbling to the surface, highlighting the conflict between the free-spirited girl she used to be and the frustrated woman who has taken her place.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.00 suggested donation per meal is requested. Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

TRANSPORTATION

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

For additional transportation, contact OCTA ACCESS.

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **www.octa.net/access_service**

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

CELL PHONES FOR LIFE

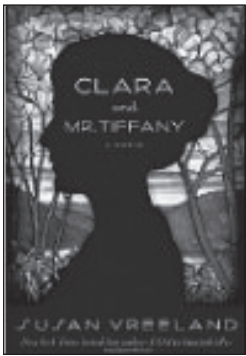
FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

October



October 13 **Clara and Mr. Tiffany** by Susan Vreeland

During the Gilded Age just before the turn of the twentieth century, Tiffany forged his reputation in stained-glass. It was assumed that he was the designer of the celebrated leaded-glass lampshades. Two collections of letters reveal that an unrecognized woman, Clara Driscoll, designed the floral shades as well as many of the bronze bases.

The novel presents these two figures – one the giant of American decorative arts, the other unknown – as they engage each other, collaborating, probing, and frustrating each other, stumbling over their passions.

November



November 17 **Winter Garden** by Kristin Hannah

Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family apple orchard; the other followed traveled the world to become a famous photojournalist. But when their beloved father falls ill, these two estranged women will find themselves together again, standing alongside their cold, disapproving mother, Anya, who offers no comfort to her daughters. On his deathbed, their father extracts one last promise from the women in his life. The sisters finally learn the secret of their mother's past and uncover a truth so terrible it will shake the foundation of their family and change who they think they are.

December



December 8 **84 Charing Cross Road** (Viewing DVD in the Lounge)

The book chosen in June of this year was **84 Charing Cross Road**.

You've discussed the book and now something fun and different...you'll have an opportunity to watch the movie.



City of Lake Forest Senior Scene
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

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LAKE FOREST SENIOR PROGRAMS

WHAT'S BEEN HAPPENING?



August Birthday Babies

**The Gang's all here –
Lunch at Cook's Corner**



**Watermelon Eating Contest –
How much more do we have
to eat to win?**



**Queen Leona –
Watermelon
Eating Contest
Winner**